

## YOGA STORY FOR STRENGTH: FINNY THE FROGFISH



In a part of the sea, not too far off the bay,  
Lived Finny the Frogfish, so unique in his way.  
Whenever the currents grew strong and he'd slide,  
He'd take a deep breath and let worries subside.

When the world seemed too big, and he felt rather small,  
He'd breathe in and out, letting go of it all.  
"Remember," he'd say, as he'd float and not crash,  
"A calm, steady breath keeps my mind from the splash."

So whenever you're flustered, just think of our friend,  
Who uses his breath to find peace in the bend.  
For like Finny the Frogfish, with every deep sigh,  
You can calm stormy seas and reach for the sky.

[HERE](#)



*"i am enough"*

### AFFIRMATION + DEEP BREATHS FOR STRENGTH

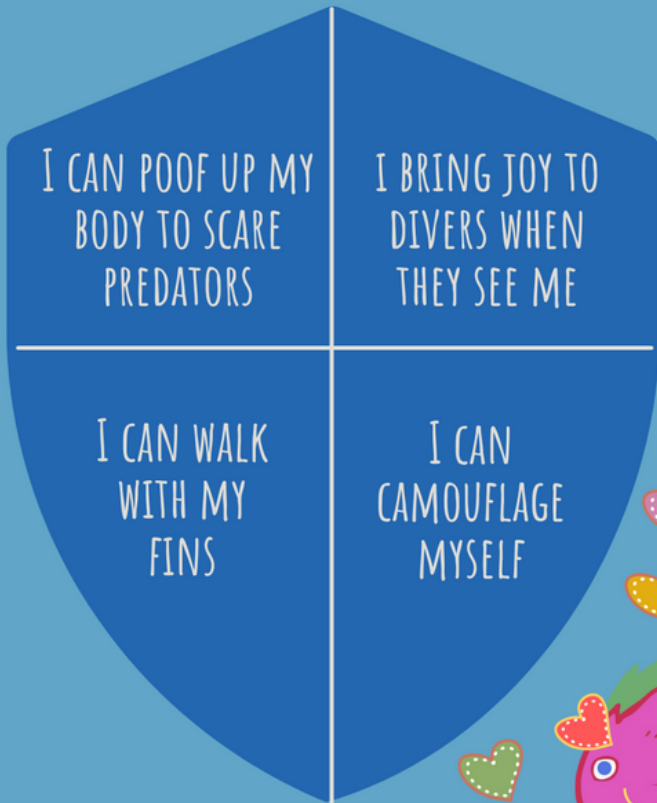
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"My challenges help me grow.  
I am strong.  
I am enough."

(Deep breath in ~ "My challenges help me grow." ~ Exhale  
Deep breath in ~ "I am strong." ~ Exhale  
Deep breath in ~ "I am enough." ~ Exhale  
Repeat as many times as you need)



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## CREATIVE ACTIVITY "strengths shield"

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Draw and colour a "Strengths Shield." You can do together with your little ones as a chance for parent-child bonding, as well as in the classroom for discussion time! Have your little one write down four of their strengths, one in each section, while you create your own shield too.

FINNY THE FROGFISH

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## CREATIVE ACTIVITY "worry monster"

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If your little ones have worries on their minds, try making a "Worry Monster Box!" You can use an old tissue box (or any cardboard box), then colour and decorate it to make it look like a monster. They can put their worries into the box for the monster to munch on and help them go away! This also provides a good opportunity for them to talk about their worries with you before the hungry monster makes their worries disappear.

FINNY FROGFISH  
BEFORE ACTIVITY



FINNY FROGFISH  
AFTER ACTIVITY



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## "swimming pose" YOGA MOVEMENT



This is especially fun as a group with your family and/or in your classroom. Lie on your belly and pretend to swim! Extend your arms and legs, take a nice, full breath in, swing your arms and kick your legs! Enjoy the nice, long stretches as you move. You can even practice an affirmation during this activity, such as "My challenges help me grow." Look at you swimming with such strength and ease!

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## BREATHING EXERCISE

### "strong, courageous heart"

Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Inhale, and breathe strength and courage into your heart, then slowly release. Perhaps think of one of your strengths from your "Strengths Shield" and breathe that into the heart and mind too. Exhale gently out of the mouth. Inhale, sending strength and courage to your heart... Feel the heart open and visualise strong, courageous energy filling it up. Exhale slowly. Repeat this breathing as many times as you need. [HERE](#)

